

# BRIDGES

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WEDNESDAY, AUGUST 14, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

## NO AIRS ABOUT HER

DOWN-TO-EARTH  
SHEILA COLES  
STILL LOVES HER JOB  
AFTER 20 YEARS **P. 8**



FREE

# INVENTORY

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## # JORY SIMPSON'S SILKSCREENS

Jory Simpson's images are original drawings silk-screened by hand and made in limited printed series on 8 1/2 x 11 paper. His colorful art conveys emotion and is always thought-provoking. His motifs play on with irony, death and humor while putting a whimsical spin on life art. Many of his pieces include a bit of Saskatoon — like the Delta Beachhouse on the Beachway Bridge. For the last two years he has been selling his art through eBay, the Star Gallery and at the Page

1. WHAT THE FLOOD BROUGHT: Silkscreen — \$75



2. MELANCHOLY AND THE INFINITE PANDA: Silkscreen — \$75



3. GROUP HUG, ANYONE? Digital print — \$30



4. POWCH! Silkscreen — \$90



5. FEAST OF US: Silkscreen — \$60



## Nuts About Nature At Beaver Creek Conservation Area

Be wild. My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
Do all mosquitoes eat blood?

Cordily,



Dear Cordily,

Here in Saskatchewan we all know what mosquitoes seem to eat, don't we? Us! Even we animals are bothered by mosquitoes in the summer. As it turns out, however, not all mosquitoes drink blood and, of those that do, it's only the females that take a blood meal. Why? In some species, female mosquitoes need the protein from blood to produce their eggs. You could say that female mosquitoes are just being good moms when they sip a blood cocktail from your body. It's not as nutritious drink, I bet. Then what are they eating? Mosquitoes are actually nectar feeders, just like those lovely butterflies and hummingbirds that humans love. That means they eat the sweet, sugar water that plants make to attract pollinators. Another thing to consider is what baby mosquitoes eat. Since they are aquatic, many baby mosquitoes are filter feeders and strain bacteria, dead organic matter, and algae from the water. Animals like fish, frogs, and many species of birds depend on mosquitoes for food. So, even though they can be pesky, let's not forget that even mosquitoes have a place in nature!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

Follow Jory Simpson's artwork  
to his website [www.jorys.com](http://www.jorys.com)  
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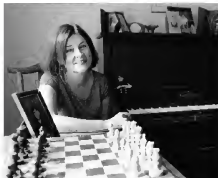
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## # ON THE COVER PG. 8



Sheila Cole has hosted CBC's The Morning Edition for 20 years. BRIDGES PHOTO BY BRYAN SCHLOSSER

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## # MY FAVOURITE PLACE PG. 5



M Heart shows her body party in her backyard. BRIDGES PHOTO BY MICHELLE BONE

## BRIDGES COVER PHOTO BY BRYAN SCHLOSSER

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# IN THE CITY

# AUG. 8, 2013 — 9:39 A.M.

## A time for worship and celebration



Thousands of Muslims extended prayer services to celebrate Eid al-Fitr, the festival commemorating the end of the holy month of Ramadan at Great Union Centre. [Instagram photo by @silaahilal](#)

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Home is where this Heart is

By Angelina Irtinich

When Val Heart went through a difficult divorce two years ago she found different ways to cope with the transition. One was through the silence of her backyard in North Park. It's filled with neat odds and ends like antique shaped driftwood, handmade brooches and make-shift vases filled with grocery store also finds old scrap metal and other items that she reimagines into backyard decorations. Most special to Heart is the heart-shaped rocks that she's collected over the years. Heart was not always her last name, but Brenda she legally changed it to what she feels most connected to the special place of time relaxing and connecting in her favourite place, her very own backyard.

**Q Why is your backyard so special to you?**

**A** It's just a serene place to find peace and balance in our busy lives. It lets me be artistic and creative. It's an oasis, it's so lush back here I feel like I'm on a vacation all the time. It's a true second backyard because I have a hot tub so I use it all the time. It's a special place to stop and connect and get back to nature and be thoughtless, alone and be quiet. I meditate back here and get lost in my thoughts. My gardening is a ritual, it's not perfect. There are kids at school and there always will be. I like to get back to nature and find a place for my treasures that I find when I'm digging.

**Q What are your treasures?**

**A** I like to refurbish and recycle things so they don't go in the garbage. The treasures are the heart-shaped rocks and driftwood that I make out of discarded wrought iron and old fern displays that I've decor'ed up. Things that mean something to me when I find them. It's a cool thing to be able to do. It makes me feel I gave my yard its own extension of myself because I recently changed



Val Heart sits in her backyard oasis, filled with heart rocks collected over the years. BRIDGES PHOTO BY MICHELLE KING

my last name to Heart. The hearts to me, mean love, joy and compassion, and I have lots of reminders of that here in my yard. It's a place where I can come out and see that I do a body good in my backyard which also has the word heart in it.

**Q What is your body proper?**

**A** I was going through a very hard time in my life, a transition. My yard is always a transition, too, so I really connect with that. I connect this body proper where I was putting

with some women and it opened to me and I find my yard in a special place to do that. It opens me and it's my mother and helps me get through changes. I do it at least twice a day.

Open my heart so I can hear as I can see to see myself in my earthly home and be empowered with joy to dance, to move, to live.

**Q How much time do you spend body proper?**

**A** It's less often than I'd like lately. I do a lot of brainstorming back here

and thinking. It's a good place just to relax and let the thoughts and ideas flow. I'd say a couple hours a day. I'm not actually doing the gardening and cutting the grass, but to me it's not a chore. It doesn't take a lot of work, surprising enough.

**Q What is the significance of the heart rock?**

**A** When I started kayaking they really became special. It was my way of just bringing something back to remember that particular paddle

that day. I started putting them in my yard at the lake and when I had to let go of the lake I brought them home with me. I brought a one load of rocks (laughs) — it was important to me. I was able to find a place for them here. It's a reminder to me that I am connected. When I find a heart-shaped rock I am connected. It's a transition rock. Every time when I go out paddling I have to find at least one. Everybody knows me as the heart lady and people look for rocks for me.

# CITY FACES

#YARNBOMBING

## Domestic craft meets street art

By Ashley Martin

Bombing is aggressive, destructive, anyone? Add a simple four-letter word to its front, though, and you have something bright and positive.

Yarnbombing is a relatively new form of street art. Bits of yarn, knitted or crocheted, tangle across public artifacts — trees, shopping cart handles, bike racks — and sometimes on larger scale items like city buses and power lines. Since its American inception in 2005, it has become an "international phenomenon," said yarn bomber Jennifer Shelly Richards.

"It's really fascinating because it's non-political and it's really bright and cheerful. The (yarn) that people resist to it as a form of graffiti is really different than other forms," said Shelly Richards, a fine arts student at the University of Regina who majors in graphic arts.

"The median stuff, it has domestic connotations and everyone relates to it in a different way and kind of gets warm fuzzies. And it's really sweet, people actually don't know what it is."

Her aim is that they will like her, the future of art is to facilitate public interaction and bypass traditional structures like galleries, that could stifle people.

Shelly Richards is a lifelong craft or fiber artist in crochet when she was about six years old and learned to knit as an adult.

Handcrafts connected her to the rest of her family. As a fourth- or fifth-generation knitter, she appreciated the art because "it's one of the few things we had in common that we could all talk about so it was a way of keeping in touch."

She found out about yarnbombing three years ago through a *Knack* Art Gallery project and now does it every couple of months.

It's a curious pastime, but nobody has ever spoken to Shelly Richards while she's yarnbombing.

She got some word about the first time and another three people sent



Jennifer Shelly Richards (left), Brent Thomas (right) and John Campbell (far right) yarnbombed a tree at the Regina Fall Festival before the Victoria Hotel in Regina on Saturday. (STAFF PHOTO BY MICHAEL WILSON)

out of their way crossing the street to avoid passing by her.

At the June Street Meet street art festival in Saskatoon where Shelly Richards lived for six years, people only stopped and stared at the yarn bomber. When she did 30 people in a yarnbombing session, though, the responses weren't so ambivalent.

Later in at the Regina Fall Festival last weekend, when she collaborated with Corinne West to knit a yarn-bombing seminar and bank Regal's Veterans Park.

She loved "lots of wonderment" things like "It's crazy that it's so much work." "I think it's really inspiring."

People who knit or crocheted under stand how time-consuming it is.

"It's really phenomenal, the hours that it takes to make some of the public things," said Shelly Richards. She does each project knowing she won't get it back.

That's the nature of street art — it wears down, uninterested by the elements, or it gets taken down.

Shelly Richards' crafts take it a full time job. She spends at least eight hours a day knitting or crocheting, whether it's in her studio on campus working on yarn based art sculptures for her degree or just to pass the time between classes at home. It's a side art form to do around her three-year-old son Loki so chemicals are involved.

"It's really meditative for me, it's something I have to do."



Artist and yarnbomber Jennifer Shelly Richards and a yarnbombing session at Saskatoon's Street Meet festival in June. (STAFF PHOTO BY TRACY HENDERSON)

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

#ANNETTE BOWER

## A love story with a serious theme

Have you ever wondered what it would be like to live in someone else's body, to experience the world the way they do?

Fiction offers that chance, and in my novel, *Woman of Substance*, the main character, Robbie Smith goes one step further and does a full out to discover first-hand how heavy women are treated by society.

Robbie's research raises risky issues for her thesis advisor and more complications arise when Robbie starts to fall for Mike, the new colleague who knows her body as a close work acquaintance, and as his grandfather's overweight and potentially staged friend.

Robbie and Mike need to learn to trust, to see beneath the surface, to realize appearance

may not, in fact, be real. But can they get beyond their fears and insecurities, to accept their friendship and let it develop into love?

Like my first book *Moving On*, *A Private Romance*, *Woman of Substance* is set in Saskatoon, Ontario, *Moving On* is Regina Beach *Woman of Substance* is Regina.

*Woman of Substance* also features realistic characters you might meet any day at the supermarket, cinema or dog park—praise people just like you and me, struggling with love and acceptance, understanding love.

It explores similar serious subjects, but trust, identity, self-esteem, physical appearance, illusion and self-deception.



Annette Bower

*And Woman of Substance*, like *Moving On*, is published as an ebook format for e-readers such as *Kobo* or *Kindle* or the appropriate app on your tablets. As a writer, I am excited about this, because it makes my work instantly accessible to anyone, anywhere in the world with an internet connection and a reading device. I have no insecurity. You hear about a book or are enticed by its cover and instantly later you're reading it!

So it's time to close the covers on 20 shades, open the blinds and use your imagination about friendship leading to love right here in our own back yard. Robbie and Mike are our neighbors, the various they face are our dilemmas, their dreams are a positive reflection of love.

Download today! Save paper, save a writer, buy a book.

Annette Bower lives in Regina. For more about *Woman of Substance*, and links to purchase visit [www.annettebower.com](http://www.annettebower.com)



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# ON THE COVER

(An interview) can be a pretty amazing thing; it can be really telling if you ask the right questions. — Sheila Coles

# RADIO HOST

## After 20 years on air, work is still exciting for Coles



Sheila Coles, host of CBC Radio One's *The Morning Edition*, celebrated her 20th anniversary with the show on June 20. [www.cbc.ca/radio](http://www.cbc.ca/radio)

By Ashley Martin

In a rare rule an interview on June 20, the celebration of her 20th anniversary as host of CBC Radio One's *The Morning Edition*. Sheila Coles

spent half an hour on the hot seat, answering questions from listeners and public figures. Author Yann Martel got right to the point.

"His question was, was I happy?" It seems she is.

For 20 years, Coles has loved her

job like many people can say that? She hasn't been bored, "not one single day" and comforted herself lucky.

Before being selected to the University of Regina's School of Journalism in 1991, Coles was asked why

she wanted to be a journalist.

"I said because every day is different and you learn new things every day about people and what makes them tick."

That remains true. Though she's gone to be on the recognition of an

interview, Coles prefers to be the one asking the questions.

She was a teenager when she first realized the power of an interview. It was only as part influenced by her father Robin Taylor, a journalist and founder of *The Fifth Estate*.



Every day there are all these great narratives from Saskatchewan people. It's a privilege to be able to ask them questions and talk to them about their lives. — Coles



Host of The Morning Edition on CBC, Sheila Coles teaches a course on interviewing at University of Regina Journalism School. Subject photo by Mike Cookstock

He was producer of the supper hour TV news at St. John's, Nfld., at the time, so the family lived in every corner. Rex Murphy was the host. Coles could have exchanged with then-governor Joey Smallwood.

"I pulled my head out of the sand and went 'wow' because there were real fireworks in that interview," said Coles, who reflected on interviews "can be a pretty amazing thing. It can be really telling if you ask the right questions."

When she was in her early 30s, living in the Channel Islands, U.K., she found a previous goal of a teaching career due to the influence of her boyfriend at the time, a reporter for the Jersey Evening Post. Shadowing him on assignments she realized her calling, even though she already had an education degree from Memorial University in St. John's and had taught one year in St. John's Harbor.

Through the U of R, she landed an intern-

ship, then a job, at CBC Radio in Regina. She has "no regrets" about dropping out of journalism school before graduating.

"I'd never advise anyone new to quit, but it was a different time," said Coles. She jokes the U of R should give her an honorary degree since she has taught an interviewing course to journalism students for years now.

Twenty years is a long time spent in the same job, especially since before then Coles hadn't had word of a track record. "When I took this job, I had never stepped in a job for longer than two years and I thought 'I'm going to give this one at least three'."

But she knew going to work every day even when it means losing an off-hour schedule from most friends and family. A friend once remarked, "I envy your job because your job is you get to have coffee with people every morning."

continues on page 16

## Authentic Amish Cooking



Illustration by Mike Cookstock

### Tomato Salsa

- 6 qt. Chopped, Skinned Tomatoes
- 1 T. Garlic Salt
- 2M C. Vinegar
- 1M C. Sugar
- 1 1/2 T. Salt
- 1 qt. Raw Onions
- 1 qt. Chopped Raw Gr Peppers
- 3 T. Seasoning Salt
- 2 T. Chilly Powder

Make it your choice mild, medium or hot.

And both peppers

- Crushed Red Pepper
- Mild, Medium or Hot
- 3 T., 4M T. or 6 T.
- Cayenne Red Pepper
- Mild, Medium or Hot
- 1 L., 2 L. or 3 L.



Put whole tomatoes in boiling water. Soak for 8-10 minutes. Put in cold water and peel skins off. Then chop and put in stock pot. Add the rest of the ingredients and bring to a boil. Add thickening at 1 1/2 C. Perma-Flo until thick. Put in cans and pack for 10-15 minutes in open canner.

### Stuffed Pepper

- 8 Green Peppers
- 1/2 C. Rice
- 1/2 C. Chopped Onions
- 1/2 C. Ketchup
- 1 lb. Hamburger
- 1/2 C. Water
- 1/2 L. Salt
- 1 can Tomate Soup or 1 qt. Tomate Juice



Combine hamburger, rice, water, onion, salt and ketchup. Stuff into cleaned peppers. Mix tomato soup with a can milk, omit milk if using tomato juice. Pour over peppers. Bake at 350° for 45 minutes to 1 hour. Top each pepper with a slice of cheese.

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It's different than any other job you could have. It's just a different lifestyle and it makes Sheila part of who she is.  
—Leisha Grehnski



Sheila Coler gets to work at 5 a.m. every day for The Morning Edition's 6 a.m. start time. (PHOTO BY NINA SCHLESSE)

Coles agreed, but amended the statement: "I get to have coffee with the most interesting people in the province."

"And it's true. I'm amazed at the privilege sometimes and the people who live in it. There's a saying that people are capable of the best and the worst you can imagine, but in my experience it seems more toward the best."

Every day there are all these great narratives from Saskatchewan

people. It's a privilege to be able to ask those questions and talk to them about their lives."

♦ ♦ ♦ ♦

For 20 years, the radio show host's day has begun in the dark. Coler gets to work at 5 a.m.; the show begins at 6.

"People think you get used to it. You never do. Sometimes it's brutal." By the end of the show's first hour,

she has usually consumed a big "Thermon of coffee."

"Coffee gets me through the day gets me through the morning, any way."

After 8:30, when the show is over, Coler will opt for an hour of quiet time or a run at Wascana Park until the train's 10 a.m. story meeting.

She leaves the office around 1:30 p.m. The afternoon might hold a nap to beat her arse to bedtime, which is therapy. It is 6 p.m. In practice, it

can be a different story: Part of her job is to represent CBC at certain events, which can make for some late nights.

"As morning show hosts, we become consumed with sleep patterns and when you eat and when you rest and if you nap and when you get fed," said a laughing Leisha Grehnski. Coler's former colleague on The Morning Edition is now host of the new CBC Radio show Saskatoon Morning.

"It's different than any other job

you could have. It's just a different lifestyle and it makes Sheila part of who she is," said a smiling Grehnski. "It's 100% being Saskatoon at a show something is just this really weird dynamic and that's just so much a part of who Sheila is and the life that she lives."



Leisha Grehnski

People, from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that. — Coles



Shirley Coles enjoys telling Saskatchewan's unique stories on CBC Radio. [cscbc.ca/800008](http://cscbc.ca/800008)

Friday night fun is usually a write-off. Her husband of 30 years, Terry White, has a long standing frontal lobe because his wife is tired away by a week of early mornings.

Her three children, Lisa, Alison and Nathan are now grown. When they were small, they'd go to bed before their mother, but that didn't last.

♦ ♦ ♦ ♦

The home hasn't changed, but aspects of the job have shifted drastically with tech aid.

"When I started my job, we still had type writers," said Coles.

"When I started writing, the show you would get read with a sleep on it," about a

story that aired the week before. Now, while an interview is in progress, listeners comment on social media and their comments are woven into the show along with music and other evocative touches.

"It's so much more immediate; it probably now get me better every two weeks, if that."

Even email has dwindled as people prefer to comment via social media.

The way they're told stories has changed too — interviews tend to be longer and more said Coles. But a good story is still a good story, and that hasn't changed.

People, from the days of sitting around the fire when there were cavemen, enjoyed good narrative about people's joys and people's struggles. It's still that.

"The way we tell the stories is different; the way people interact with you is different, but at the core, our show is about good narrative. It is about what makes people tick."

"I don't care our interest in the human experience ever going away."

Those are the stories that Coles loves to tell. She is blown away by ordinary people in extraordinary circumstances.

"Whether it's the mother who lost her daughter to kidnapping or the fire rioter who had two hours sleep because his son-in-law's threatened by going under water, those are incredible stories. Gang members who've got out of the gang lifestyle — you're just so full of admiration for those people."

*Continued on Page 12*



Shirley Coles with her father, Gordon Taylor, in 1975 in Jersey, Canada's Islands. [SHEILA7509 PHOTO](http://SHEILA7509 PHOTO)

There's nothing that we're really shy about talking about. If you listen regularly, you probably know Sheila Coles.

— Ted Deller

"These are the amazing stories. These stories, and the interviews with politicians and celebrities."

Another change in this growing province is CBC's addition of a second morning show in Saskatoon. While *The Morning Edition* traditionally covered the entire province, it will now take a step back from the Saskatoon area.

Saskatoon Morning launched online in early May. It will hit the airwaves on 94.1 FM this fall, when a CBC licence is expected to come through. Listeners in the area will still have the option of hearing *The Morning Edition* on 940 AM.

"I guess you could say it gives people more choice," said Coles.

The two morning shows are working together, trading and sharing some guests of provincial interest. But neither *The Morning Edition* nor the radio news, its province-based reach, negated the Regina focus.

"We're still doing pretty well in those stories we have been doing. I guess since they are on so we'll keep seeing them being as much focus on Saskatoon," said Coles.

Grubisick, a former associate professor on *The Morning Edition*, has been coming into her new host-



Sheila Coles was born in England and moved around a lot before settling in Saskatchewan. Sheila Photo by HELEN SCHMIDT

ing role with Coles's encouragement. Over the span of a decade, since Grubisick worked as an intern on Coles's show, the two have developed a close friendship.

"We felt that Sheila's been very supportive of me so I've moved into this new role. And part of the rea-

son I wanted to be a host is because she's inspired me over the years," said Grubisick.

♦ ♦ ♦

New people in Saskatchewan can claim celebrity status. Coles prob-

ably could, but she doesn't.

"I still come on a surprise to me when I'm out getting groceries or something like that and someone comes up and says 'Oh you're Sheila Coles, I love your show.'"

Any debates she might have had, remained at bay thanks to her

chickens. "Now, this keeps you pretty grounded. When you're just 'wow, what's for supper?'"

But most importantly, the culture of their show is very keen oriented. No one is the star she said.

"It's not about one person. They contribute so much. And we don't take ourselves too seriously. No one wants to be too earnest."

The chat in between guests drifts to day to day life, says Ted Deller who has read news on the show for about a decade.

"We're kind of open books," he said. "There's nothing that we're really shy talking about. If you listen regularly, you probably know Sheila Coles."

"We look at other nuclear people or hosts and you think, 'I don't really know much about that person.' They never really open up and share stories about what they do in their spare time, but Sheila talks about her spare time and the things she's passionate about."

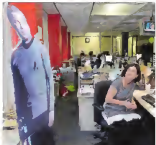
"There's no airs or pretensions. It's just Sheila Coles, that's who you're listening to and she's telling you pretty much everything that's going on."

"She's just a very likable human being."

## COLES NOTES

- She's a Trekker. "I've always loved Star Trek since the first time around and then I watched reruns. My little sister who's 31 years younger than me used to sit on my knee and I (would) tell her about all the characters."
- "I got to interview William Shatner when he was here so that was a big career highlight."
- Her maternal grandmother Denis Bolton was an Expendable in the south of England. "She was kind of a hippie in the 1940s. Their house was called Caprice, which means hope in Expendables."
- She's a fan of *The Walking Dead*.
- She's an avid runner who runs outdoors year-round, preferring winter. She usually runs three times a week and has done two half-marathons, one with each of her daughters.
- She loves Regina and Saskatchewan equally. "I've lived in both cities and I find Regina people never badmouth Saskatchewan which she considers a second home." The first time I moved there, when I transferred I had moved from Regina. It was like Oh my gosh, so happy to get out of that place and very excited of Regina. But I don't find it does the other way."

- She's planning a sabbatical leave of absence, beginning next fall to travel to Southeast Asia. It was inspired by her son who spent four months in Thailand, Cambodia and Laos. "I don't really like to travel by myself. I like to experience places with other people."
- She lived in China for a year in 1988. Her daughter Alison was born there.
- She was born in England and moved around a lot as a child living in Vancouver, Newfoundland, Barbados and other places in between.
- For the past eight years, she's gone canoeing in Northern Saskatchewan with a group of friends dubbed the Shee Shee Canoe Club. "Northern Saskatchewan was the most beautiful place in the world. You can paddle and go far days without seeing another human soul. It is so peaceful."
- She met her husband on her first night in Regina. He was a journalist sending advice from his landlord, a CBC senior man after almost applying for jobs out east. "He didn't get the job fortunately. If he did, given the job he'd probably have been different."



Sheila Coles with a crowd of Star Trek's Captain Kirk in a self-described Nerds. Photo by HELEN SCHMIDT

**NEXT WEEK:** How do you make sure your kids are being active enough?  
**Email:** [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

# How did you approach maternity fashion?

"Comb it hot! Also, make sure to buy cheap so you can buy enough for a new wardrobe in six months!"  
 — via Twitter (@saskatoonmoms)

"Research maternity fashion." I mostly just walked up to the rack! — Jill Smith

"The (big) deal — there has been such a change in it from my pregnancy days when it was 'covered up'!"  
 — Betty Anne Higgs

"A sense of humor and the knowledge that 'You now shallows' really helped. A little friend and a couple trips to Value Village and vintage stores (mostly maternity collections) also kept the costs down."

"I shared the information with a friend pregnant woman; good value because I helped her there!" — Nicole Choisy

"There's nothing beautiful baby! It's beautiful and learning to be proud of!" — Tanya Sharp

"I avoided it! There are plenty of ways to be creative with your clothing as long as you're not trying to hide the baby!" — Renee Ryan

"It's a lot of stretched fabric!" — Reni Lemak  
 "Value Village... those stuff that 'Academy' didn't get back to the source after baby!" — Pamela Miles

"I looked at Thyme Maternity and the maternity section of some department stores. Being fashionable was not a large concern, I was more focused on being comfortable and comfy. I was very nervous during summer with both boys." — Shelly Lambert

"I dropped my clothes that I liked and looked good. Maternity fashion has come a long way in the last few years. I have brought a lot of clothes at Thyme and through online outlets and have bought from friends. Just because your pregnant doesn't mean you can't still be cool!" — Nikole Mohly

"Yes, I did wear maternity clothes. With my

daughter, my mom bought my first outfit at Thyme Maternity when I was three months. Looking back, I probably didn't need to wear maternity clothes just yet, but I think I was just a bit excited! I bought a lot of crop clothes online, and also a few more things from Thyme." — Dawn Miller

"I LOVE being pregnant, it was probably the only time in my adult life that I was completely comfortable with how my body looked. I dress currently trendy and hip-hoppy at maternity stores like Thyme and Motherhood Maternity, so I probably dressed better pregnant than I do now. To this day some of my favourite outfits I ever had are maternity ones!" — Michelle Grudeck



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## BANGLADESH

**Brunskill School  
101 Wiggins Ave. N**

Aspirational Stage! Welcome to the Bangladesh Pavilion, Bangladesh, "the land of the Bangla speaking people", has a rich heritage and vibrant culture. At our colourful pavilion, discover the various aspects of the life of Bangladesh people. Bangladesh is at your door - come and make friends!

## CENTRAL AMERICA & MEXICO

**Lion's Arena,  
2205 McEown Ave**

Reminds folks to the Central America & Mexico Pavilion!

The Central American & Mexico Pavilion, also known as Mesoamerica or Middle America would like to welcome you to its 2nd year with the Folkfest Family! Come and enjoy our delicious homemade foods & drinks. We're ready to be dazzled with our live shows!

## CHINESE

**Aden Bowman Collegiate,  
1904 Clarence Ave**



Many new discoverers await you this year. We look forward to seeing you at the Chinese Pavilion! You will not want to miss our entertaining program, where performers of all ages will give you a taste of Chinese dances, martial arts, the traditional Chinese Festival show & Chinese Instruments



## BRAZIL

**Henk Ruys Soccer Centre,  
219 Primrose Dr**

Quemada Amigal! Dear Friends! Celebrate Brazil's creative rhythms of traditional & contemporary performing arts. Experience our cultural splendor & the many cultural influences that make us Brazilians & Latinos with our unique voices & vibrant indigenous, African & multi ethnic roots, folklore, traditions & faith.



## FRANCOPHONE

**Ecole Canadienne Française,  
2410 Woodward Ave**

Immerse in Saskatoon Francophone culture through its songs, its dance, its stories, its music and food. The intimate pavilion is warmly devoted to the different cultures that make up the Francophone community.



## CARIBBEAN

**Hall "B" Prairieland  
Park, 503 Ruth St. W**

Welcome to the Islands!

"Whenever you have a few people gathering at the Caribbean, you have the makings of a party." Sparkle & Sizzle at the Caribbean Pavilion this year, where we are always spicing things up with spectacular entertainment, cuisine and displays!



## GERMAN

**German Cultural Centre,  
160 Cartwright St.**

Come and enjoy part of our heritage! The two large kull, the food tent and the beer tent are there for your enjoyment. Inside and on the grounds, the German Pavilion has a warm making feeling of party time. We look forward to your visit!



## GREEK

**Hall E, Prairieland  
Park, 503 Ruth St.**

You will absorb the authentic sounds of Greece by performers of various local dance troupes. Come! Dance! Our Greek band will energize you!

Experience yourself at the YULENDS of the land where people are conscious of its eternal flame and experience the love, hospitality and peace of the people.



## HUNGARIAN INDIA

**St. Joseph's Hall,  
1006 Broadway Ave**

Let us take you back to our rich history and show you a vibrant culture. Our traditional live music, colorful heritage dance and lively dancers will bring joy to your heart and make you visit unforgettable.



**Walter Murray Co  
1905 Preston Ave**

Come share our fabulous Indian Festival our colorful age-old dance traditions and more as the sights provided by our display on the history of Indian architecture & a symphony in stone.



**Saskatchewan Folkfest**  
*Expect The World From AUGUST*

Enter to win \$5000 B.C. Visa gift Card, ballot found in Festival Pavilion  
Pavilion and the 2013 Global Village in Saskatoon/Parkland, ON

## JEWISH

**Jewish Community Centre,  
715 McKinnon Ave**

Musical! Welcome to our community home. Here we sing, dance, learn and always are out! Enjoy the non-dance, flower, Israeli and watch the fabulous Tashlich dances.



## SCOTT

**Hall A,  
Prairieland Park,  
503 Ruth St. W**

Let the music, as in Scotland move you, dancing a waltz to the Pavilion, where it is a joy at the heart of the traditional folk.



legiate,  
ed witness  
old man and  
the youngest  
of exterior



## INDIAN & METIS

**Indian & Metis  
Friendship Centre,  
168 Wall St.**

Tsawit Aik ween! Tawit! We are honoured to share our culture with you! Welcome to the Indian and Metis Pavilion where you can dance and enjoy the food. We invite you to make us your friends. \*Home For Away From Home\*"

## IRISH

**Nurbna Curling Club,  
2002 Arlington Ave.**

In Ireland, the highlights of any gathering are good food, good fun and good entertainment. Your visit to the Irish pavilion provides it all! Welcome to the Irish Cottage where there are no strangers, only friends you haven't met yet.



## OROMO

**Henk Ruys Soccer Centre, 219 Primrose Dr**

In Oromia at any ceremony or gathering, there is food, good entertainment, good fun and cultural dances. Your visit to the Oromo pavilion provides it all! We look forward to sharing our diverse culture.

## SOUTH SUDAN

**Henk Ruys  
Soccer Centre,  
219 Primrose Dr**

We welcome to South Sudan pavilion and enjoy part of our heritage. The most important in our life is cultural values, the respect of others and knowledge of the role they play in the society to maintain the social harmony and support of all. South Sudan has the knowledge of connection and keeping culture alive while promoting equality.



## LAOS

**Henk Ruys  
Soccer Centre,  
219 Primrose Dr**

Laos, Welcome to the Laos Pavilion!

Embark on a journey and discover South East Asia's best kept secret. Laos. Sit back, relax, and enjoy yourselves while watching an entertainment. We welcome you to experience the relaxed and diverse culture that makes Laos simply beautiful.

## PAKISTAN

**Henk Ruys Soccer  
Centre, 219 Primrose Dr**

We will be presenting spectacular music and dance along with delicious food and intricate and ethnic displays. We are excited to showcase and share our heritage with you in October 2011. You will enjoy our traditional hospitality and appreciate the enriching cultural diversity which is the defining feature of our heritage.



## UKRAINIAN KARPATY

**Hall D, Prairieland Park,  
503 Ruth St.**



Ukrainian Welcome to the Ukrainian Karpatskyi Pavilion!

The inhabitants of Western Ukraine, especially of the Karpatskyi (Carpathian) Mountains have some of the richest and most unique cultural traditions in all of the country. Come travel through our pavilion and experience Karpatskyi hospitality! You will be welcomed at the clear and vibrant into an atmosphere of food, fun and festivity.

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## TISH PHILIPPINES

**Hall C, Prairieland Park,  
503 Ruth St.**

The Karpatskyi Park Experience will showcase the nation's rich history and unique cultural heritage through its costumes, customs, music and ethnic traditions. Delight in the sounds, the colors, the sights and the tastes. Thank you for visiting the Philippines Pavilion and remember to say Malabuco - Long Live!



## OFFICE OF THE TREATY COMMISSIONERS

**Henk Ruys  
Soccer Centre,  
219 Primrose Dr**

Experience Treaty making just like our ancestors did and come share your own stories of your ancestors and their great voyage to this land to pursue farming and livestock. The Treaties are the foundation of harmonious relationships, so come out and enjoy the legacy left for us, our predecessors to follow in the wide open future!



## WEST CENTRAL AFRICA

**Sasktel Sports Centre,  
150 Nelson Rd**

We are very pleased and proud to welcome you to Africa for the 1st time at Folkfest! Enjoy great performances from a wide variety of cultural groups from South-West, Central Africa and DRC.

Experience (great drumming, singing, poetry, dance and much more!)



# FASHION

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## # REGINA FASHION

### Allan Pulga: The shoes make the man

By Ashley Martin

Style seems to run in Allan Pulga's family.

"My grandpa was a really fashion-wise guy." Even though he didn't have a lot of money he used Salvem Army and Blue Martin finds to create a sharp look.

"He would always wear flannels with flannels in them, cufflinks, nice dress shirts and neckties, so I think we sort of kind of inherited that interest in fashion," said Pulga who works in communications at IQMetrics.

Though today he looks a class-act much like his Pulga's father, his mother, he is a self-declared sneaker head.

"I grew up playing basketball so I was always crazy about basketball shoes." His style icon was still Sancho during the Fresh Prince of Bel-Air days.

He remembers when he was 11 or 12 he saved his allowance for a family shopping trip to Moncton, N.B. He covered him was a pair of Nike Air Command Force Devil Nation son basketball shoes.

There's a photo of him asleep cradling the shoes against his chest.

"It was just kind of like this guy's destined to be a sneakerhead," he says, looking at his shoes.

He has about 60 pairs of sneakers lined up in a shelving unit in his basement.

"When I go downtown it's like I have my own store to go to pick from, which is really fun."

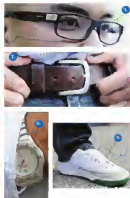
He doesn't play favorites, either.

"I think part of being a sneakerhead is just appreciating different sneakers for different reasons and that's why you accumulate so many because the pair just doesn't do it."

"If you're into collecting things or you're into collecting handbags you like them for subtle differences between them and that's totally normal with sneakers."



Allan Pulga has a passion for sneakers — he currently owns about 60 pairs. **PHOTO: PHOENIX / P. BOY HEAT**



## Outfit:

- GLASSES:** Gucci from Cornwall Optical
- EARPLUGS:** Metal studs at Cornwall Centre
- TIE:** Club Monaco in Winnipeg. "It is simple. I go with it but I don't think it matches a shirt with a plaid or anything like that. Just whatever looks good."
- JACKET:** Banana Republic in Winnipeg.
- SHIRT:** J Crew outlet in San Diego. "I just like simple, clean, classic clothing things that are timeless and don't go in and out of style."
- WATCH:** Tag Heuer T1000 diving watch from Biko in Calgary.
- BELT:** Bass outlet in Toluca, Mexico.
- JEANS:** Levi's 514 from Levi's outlet in Toluca. "I love outlet malls."
- SHOES:** Adidas Red Laser tennis shoes from Scotiabank Arena.



# MUSIC

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#CAILA ELLERMAN

## Lady driver steers a new musical path

I got my first guitar when I was 12. And it was my grandparents who got it for me. It was a classical guitar, and it took me forever to learn because the neck was so wide. When I was 15, I started to write stuff and I got the hang of it.

I actually drive a city bus in Saskatoon just for the summer. What I want to do eventually, I change my mind every year. This year it's marketing. Next year, it could be chicken farming.

When I work as a bus driver, I get all the crappy routes. I sometimes get the number two. It goes down 10th Street and that area of Saskatoon. It's not the most joyful route.

I like stuff like Jack Johnson and other acoustic singer-songwriter stuff. I am definitely more serious about music now. I was writing music right up until I was 18 but I didn't start playing at open mics and in public until a couple of years ago. I had always been a closet musician. So now that I'm out there, I absolutely love it. I get a total rush when I play music in front of a crowd.

These days, I'm working more as a band and moving from the singer-songwriter. I like it because I have people I can bounce ideas off of. For instance, one of the guys can say 'hey, I have a great idea for this bass line.' I think that's great because these are ideas I wouldn't have thought of. They are ideas that make the song better.

Saskatoon singer-songwriter Caila Ellerman leads a band called Silent Sea. IMAGERY PHOTO BY MICHELLE RING PHOTO ILLUSTRATION BY BOO FISHER

By Andrew Matte

Caila Ellerman is a young Saskatoon musician who already knows that there are strength in numbers.

The 21-year-old singer-songwriter is con-

tributing on the band she leads called Silent Sea, the name of which illustrates the first letter of her first name, even though the C is a hard one. "It was kind of a mistake at the beginning but now it kind of works," she says.

Ellerman was given her first guitar at 12

and started to write songs at 15 before deciding to play in public after she turned 18.

After high school at Marian Graham College, she travelled to Australia before studying marketing at Melbourne Uni.

Though she's taking her life as a musician seriously, and working on material in hopes

of making a debut Silent Sea album, she works at a city bus driver in Saskatoon and is hoping for a job as a graphic designer.

To listen to her music, visit [www.reverbnation.com/cailaellerman](http://www.reverbnation.com/cailaellerman), or follow her on Twitter at @cailaellerman and @cailasilentsea.



## EVENTS

## # MUSIC

Thursday, Aug. 15

**Undercover Pinkies**  
Crackles Restaurant and Lounge  
46-221 Pinehouse Dr.

**Dynabook**  
Buds on Broadway,  
817 Broadway Ave.

**Melvin Claude w/ Moon Kind**  
Amigos Cantina,  
632 10th St. East

**Friday, Aug. 16**  
**Stuck in the '80s**  
Buds on Broadway,  
817 Broadway Ave.

**Vel Van Dale**  
Army & Navy Veterans Club,  
350 First Ave. North

**The Rhythmaires**  
Fairfield Seniors' Centre,  
164 Fairmont Court

**Neil Devlin**  
Moody's Meltdown,  
3010 14th St. East

**Old Man Gargen w/ Kinky Cadillac**  
Amigos Cantina,  
632 10th St. East

**JeMama**  
Piggy's Pub & Grill,  
1403A Highway 16 North

**Teri Ann Strongarm**  
Stain's Place,  
106-10 South St. East

**Saturday, Aug. 17**  
**Benemer**  
Buds on Broadway,  
817 Broadway Ave.

**Lee Harrington**  
Nutan's Lounge,  
3821 Louisa St.

**Vel Van Dale**  
Army & Navy Veterans Club,  
350 First Ave. North



*Singer Selma Gomez will perform at the Seniors' Centre. Gomez will perform Sunday at Credit Union Centre. Photo: Photo*

**Wine n' Wood**  
Musically Meltdown,  
3100 14th St. East

**The Body Rock Tour w/ The Usual, Second Step, These Seven Skies, Puffin' on the Fall and Lounge Rivals**  
Rock Bottom,  
8345 Broadway Ave.

**Bum's Amal and The Shaky Shakers w/ The Lazy M's and The Unbelievable Bargains**  
Amigos Cantina,  
632 10th St. East

**Johanna**  
Piggy's Pub & Grill,  
1403A Highway 16 North

**Teri Ann Strongarm**  
Stain's Place,  
106-10 South St. East

**Sunday, Aug. 18**

**Selma Gomez w/ Embroided and Christine Sweeney**  
Credit Union Centre

**2013 Thrasher Ave.**

**Lee Harrington**  
Nutan's Lounge,  
3821 Louisa St.

**Bliss Jam**  
Vamp's Tavern,  
801 Broadway Ave.

**Monday, Aug. 19**

**Three String Plectrics**  
Buds on Broadway,  
817 Broadway Ave.

**Tuesday, Aug. 20**

**Three String Plectrics**  
Buds on Broadway,  
817 Broadway Ave.

**Open Mic**  
Rock Bottom,  
8345 Broadway Ave.

**Wednesday, Aug. 21**

**Three String Plectrics**  
Buds on Broadway,  
817 Broadway Ave.

**Johanna Broadway Record Club**  
Vamp's Tavern,  
801 Broadway Ave.

## # ART

**Mendel Art Gallery**  
Until Sept. 15 at 1950 Spadina Cres. East: The Automobile Revolution: Montreal 1941-1945. Featuring works by Jean-Paul Houelle and Paul-Simone Benkas. An Art at the Memory of Light, by Eli Bennekin. Showing Saskatchewan: The Art Scene 1940-1964, featuring Stanley Brumfiel, Arthur Melnick and Otto Rogers. Leaves by Reddy LaFramboise. In the lobby: The Artists by Artists exhibition, Allied States. Features works by Cole Parrish and her mentor, Ina Hopper. Stop into the gallery for this family fun every Sunday from 2 p.m. to 4 p.m.

**SCAR Gallery**  
Until Aug. 16 at 253 Third Ave. South: Yuxuan [Jadeite], 10e exhibition 2013. Originally from China, she uses art as a method of finding peace with negativity and cultural differences.

**Affinity Gallery**  
Until Sept. 29 at 810 Broadway Ave. Two Perspectives. Painter Karen Holden and ceramic artist Marileen interpret and discuss the powerful landscapes of Saskatchewan through paint, ceramic, clay and glass. A reception will be held Aug. 16, 7 p.m. to 9 p.m.

**The Gallery@Pinnacleart**  
Until Aug. 22 at 122 Third Ave. South: After Hours. A pop-up show with works by Melodie Brandt, Robert Christie, David Dyck, Hugh Fisher, Jonathan Farrell, Lynne Goshen, Alice Harrison, Gretchen McKay, Len McLeod, Karen Pollock and Joshua Walsh.

**The Gallery, Frances Harrison Library**  
Until Aug. 29 at 371 23rd St. East: Birds of a Feather by Kim

Adams. The sculpture explores the similarities of the human condition with the natural world through animal imagery.

**Durand's Footwear**  
Until Aug. 30 at 350 Dundas Ave. North: Works by Jeanyne Potholung. Features mixed media acrylic on canvas abstracts.

**Perinette Centre**  
Until Aug. 31 at 110-100 Grosvenor Cres. West: Maria & Friends group show featuring a variety of mixed medium in a variety of subjects.

**Gallery on Third, Westside**  
Until Aug. 31 at 102 Third Ave. East: Westside. Spirit of the Times. It features art about times in their variety.

**Gallery on the Bridges**  
Through August: In the Autumn at Saskatoon City Hall: Fall Landscapes watercolours by Patricia Clarke on the third floor. Landscapes and cityscapes by Shirley Taylor on the fourth floor and aeries and other art canvases by Mike Orlowski on the sixth floor.

**Stellen Arts Centre, Westside**  
Through August at 701 Highway 16 West: Evolution. The story of the imagination by its Host.

**Moose Valley Centre Gallery**  
Through August at 402 Third Ave. South: The Four Seasons At River's Edge. Sculpture. This show is a collection of important paintings of the Moose Valley Centre capturing the changing four seasons.

**Westside Library**  
Through August in Westside. Art with a Summer Theme.

**Westside Development Museum**  
Until Sept. 2 at 2610 Lane

**Art: South Love Birds by Kim Adams**  
The sculpture exhibit playfully reimagines everyday materials, farm machinery, train cars, automobile parts, tools and model train parts transform into fictive worlds and imaginary landscapes. It is presented in collaboration with the Mendel Art Gallery.

**Location is Museum of Canada**  
Until Sept. 2 at 910 Spadina Cres. East: Treasures from the Collection. It features an eclectic mix of fine and folk art, textiles, apparel, woodworking, collage and mixed media works from the museum's collection.

**Seniors' Place**  
Until Sept. 30 at 2135 Connaught Rd. The Saskatchewan Landscapes, paintings by Joy Mendel.

**Black Spruce Gallery**  
Through September at Northside Antiques on Highway 2, Lakeridge. A group show by gallery artists. Wildlife, lake scenes and forest scenes with the Lakeridge and Rural Forests as well as gallery artists.

**Defenceforce Canada Centre**  
Through December at 101 Defenceforce Dr. Touch the Sky: The Story of Avro Canada. This in-house produced exhibit encourages visitors to look beyond the controversy surrounding the Avro Arrow, and focuses on the history and accomplishments of Avro Canada.

## # SPECIAL EVENTS

**Saskatoon Summer PROMS**  
Thursdays, Aug. 15, 7 p.m. to 9 p.m., at Third Avenue Centre, 304 Third Ave. North: Performances by local musicians. Prom II: Night of Songs, Aug. 16. Featuring Chelsea Melvin. Visit [www.theproms.ca](http://www.theproms.ca).

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

#### Folkfest 2013

Aug. 15-17 at venues throughout Saskatoon. Three days of entertainment, food and culture from all areas of the world.

#### Western Night

Aug. 17, 8:30 p.m. at 8:30 p.m. and dance at 8 p.m. at Melrose Lanes, 3821 Louise St. A Kanan fundraising live music by Les Barrington. For information or advance tickets call 326-374-6003.

#### Yard and House Working Tour

Aug. 18, 10 a.m., at Ruess Vista Park. Hosted by The Sector Good Urban Homebuilding, backyard chicken coops, intensive gardens, solar homes and permeable design in action. Ride-along rides are available. Snacks are provided.

#### Dea Plaza, Two Islands, Four

Henschel  
Aug. 23, 7:30 p.m., at St. Andrew's Presbyterian Church, 436 Spadina Cres. East. Presented by Neil Gustin Recital Series. Pianists Chu Anna Loewen and Kathleen Lufkin duet perform duets. With works by Beethoven, Schubert, Weber and Liszt. A pre-concert talk will be held at 6:45 p.m.

#### Fishing Under The Stars

Aug. 21, 5:30 p.m., at Whitecap Sports Centre. A fundraiser for St. Paul's Hospital Foundation. The music of Quinn accompanied by the Saskatoon Symphony Orchestra and Arvo Pärt Classics on an outdoor stage. With Neil Harty '80s and 90s 54, bring your own seating.

#### Canning Workshop

Aug. 21, 6 p.m. to 9 p.m., at the Station 20 West Kitchen. Canning all pickles and making French onion and butter pickles. All supplies are provided.

#### U of S Campus Tour

Seminars and Workshops in August, 1 p.m., departing from the Deftonbrook Canada Centre, 301 Sturgesblair Pl. Free Walking Tours of University of Saskatchewan Campus. Aug. 16: Agriculture. Aug. 20 and 25: Alumni. For information or to reserve a spot, call 326-966-8386 or email [david@wtsask.ca](mailto:david@wtsask.ca).



Latin dancers at the Caribbean Pavilion are part of the Saskatoon Folkfest event which runs Friday to Sunday at venues throughout the city. *Paula Henschel*

**Live at Lunch on Broadway**  
Saturday through August, 11:30 a.m. to 1:30 p.m. at Victoria school's Little Theatre Stage. Showcasing local musicians and bands.

#### \* THEATRE

##### Chaps the Musical

Aug. 21-25 and Aug. 28 to Sept. 3, 7:30 p.m. Wednesdays to Saturdays and 2 p.m. Sundays at The Barn Playhouse. An old-fashioned variety show with a twist. It's 1944 and American singing cowboy Tex Riley is late for a special broadcast on the BBC in London. Out of desperation, producers grab whoever they can and shove them on stage.

**Shakespeare on the Saskatchewan**  
Runs to Aug. 23 at the Shakespeare site along the river. The Comedy of Errors is a family-friendly comedy

of mistaken identities. Macbeth is a bold and bloody revenge tragedy.

#### # SPORTS

##### Second Annual Golf 'Fest' Junior Tournament

Aug. 15, registration at 8:30 a.m., tee-off at 1 p.m., at Moorlake Golf & Country Club. A golf tournament open to all skill levels. A straw dinner, awards and presentations and a silent auction will follow the tournament. Parents support Junior Services of Saskatoon.

##### Thoroughbred Racing

Aug. 18-19, 7 p.m., at Marquis Downs, 503 Bush St. With packages from retired and current jockeys.

##### Super Trucks

Aug. 17, 8 p.m. to 10 p.m., at Auto Closing Motor Speedway Division

competing are Thunder Stocks, Super Trucks, Mini Stocks and Street Stocks.

**PotashCorp Soccer Kids in the Park**  
Mondays to Fridays until Aug. 30 at city of Saskatoon Playgrounds and youth centre sites. Presented by Saskatoon Youth Soccer Inc. A drop-in summer program for ages four to 16. For a schedule visit [saskatoonyouthsoccer.com](http://saskatoonyouthsoccer.com).

##### Weekly Summer Basketball Camps, Leagues and Tournaments

Runs to Aug. 25 in Saskatoon. Offered by Young Athlete Saskatchewan. Camps are headed by retired teacher and school principal Dennis Hall. For youth ages eight to 16 of all levels of athletic skill and experience. Visit [www.yas.ca](http://www.yas.ca), call 326-242-3425 or email [hall@yas.ca](mailto:hall@yas.ca).



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# ON THE SCENE

## #SASKATOON EX



It's been a yearly tradition in Saskatoon for as long as anyone can remember — whether it's the rides, the food, the grandstand musical acts or the midway, there's something for everyone and every age at the Saskatoon EX. This year's EX ran Aug. 6 to 11 at PrairieLand Park. The cooler temperatures helped encourage 200,000 people to come through the gates.

1. Marine Crest, Catherine Gellada, Felix Di Pasquale, Lyndee Charles and Caroline Simard at the Saskatoon EX.

2. Quinn McInnery and Andrew Hougham eat cotton candy.

3. Four-year-old Zeke Foley rides the flyer.

BRIDGES PHOTOS  
BY MICHELLE BERG



# ON THE SCENE

4. Tahira Aslam and Abdullah Qayyum ride the Scrambler



5. Uetta Browne, Destini Lohans and Souran Lebano



6. Jona Newfield enjoys the bungee trampoline jumper at the Ek



7. Sam Marks and Austin Butler wait in line with their squid hat prizes



8. Sierra Smith and Arhiano Smith ride the Vertigo



9. The Gravediggers Brass Band

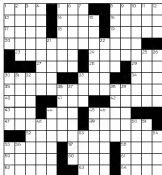


## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Love letter  
3 Unlabeled  
5 Vacuum cleaner brand  
10 Queen in "The Three Musketeers"  
14 U.S. city named for a 17th-century advocate  
15 Let off the hook?  
17 Well-schooled in mathematics  
18 ... ISO (musical int.)  
19 Active  
20 May traditionally have been built  
23 City in a novel by D.H. Lawrence  
24 Book  
27 In pre-war movie  
28 Carpool  
29 Sappho's wish  
30 Bomb's opposite  
31 Cinema mixer  
34 Juice  
35 Whirl four bells into left eye die  
40 447 m.  
41 Intimate  
42 Crude consequence  
43 Album fill, informally  
44 "Inevitably"



## DOWN

- 61 Adm. \_\_\_ hour at P.S. "Big Brother"  
62 He's let for brains  
63 Shmoo's first all-Britland's rule  
64 Maria Lou-Caffee  
65 Horsey-camp  
66 Message  
67 Hailed  
68 Hailed secretary of state  
69 "Someplace in the sky" (song)  
70 "Someplace in the sky" (song)  
71 "Someplace in the sky" (song)  
72 "Someplace in the sky" (song)  
73 "Someplace in the sky" (song)  
74 "Someplace in the sky" (song)  
75 "Someplace in the sky" (song)  
76 "Someplace in the sky" (song)  
77 "Someplace in the sky" (song)  
78 "Someplace in the sky" (song)

## # JANRIC CLASSIC SUDOKU

## Level: Bronze

All in the blue cells are given numbers. No 5s. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku come found on Page 23

## # RECIPES

## Toasted Parmesan tomato bread



Toasted parmesan tomato bread. AP Photo

By J.M. Hirsch

Obviously the season has a role in this, but lately I've found myself craving bread and fresh tomatoes.

It's a combination with a history for me. When I was a kid, my go-to summer sandwich — and I always made it for myself, because I was the only one who could make it right — was slices of whole-wheat bread smeared thickly with Marmite Whip and topped with handfuls of rich, sharp cheddar cheese and a single, thick slice of tomato. The slab had to be at least 1 inch thick and had to be cut from the center of the fruit. No ends or tips, please.

It was heavy, thick and creamy and sharp and fresh. To this day that sandwich remains a comfort food I return to. Usually around midnight.

By the time I was a teen, my family had moved to Germany and weekends were spent driving around various parts of Europe. We called it eating our way through the north coast, for dining and shopping on. During that time to occupy much of our time. But no matter where we were, bread always followed the same blueprint.

We'd stop at a small, local bakery and grab a heavy loaf of rustic bread. Then on to a grocer for tomatoes, a bank of cheese and a part of blatheringly hot mustard. Then we'd find a park and sit down with any spread, tearing off loaves of bread, dabbing them with mustard and topping them with ragged chunks of cheese and slices of tomato.

As repetitive as that lunch sounds, it actually was a wonderfully delicious way to explore the different climates. The breads and cheeses vary so much between regions and countries.

Now that I'm an adult and have a child of my own, I don't find myself wondering if I'm going through middle-class quite so much. I still

am happy just to get out to a movie and then — but I still crave — particularly this time of year — the simple pleasure of bread and tomato. So I decided to create a grown-up version, rich with garlic and rosemary.

But the focus, as it should be, remains on the bread and tomatoes.

## TOASTED PARMESAN TOMATO BREAD

Start to finish: 35 minutes

- Serves 4
- 4 cloves garlic, minced
- 1 large sprig fresh rosemary, finely chopped
- 1/2 cup olive oil
- 1/2 tablespoon kosher salt
- 1 ground black pepper
- 4 large, thick slices sourdough bread
- 4 large tomatoes
- 2 ounces Parmesan cheese

1. Heat the oven to 350.  
2. In a small, sturdy bowl, combine the garlic, rosemary, olive oil, salt and black pepper to taste. Mix well, then use the back of a heavy spoon to smash the garlic and rosemary together to form a paste. This also can be done using a mortar and pestle, or a mini food processor.  
3. Rub the mixture over each slice of the Parmesan over the tomatoes on each slice. Set the oil-soaked bread on a baking sheet and brush on the oven's middle rack until the cheese is just starting to brown, about 2 to 3 minutes. Leave unattended.  
4. Slice 1/2-inch slabs out of the center of each tomato. Reserve the tops and bottoms of the tomatoes for another use. For 1/2 slices over each piece of bread, shave some of the Parmesan over the tomatoes on each slice. Set the oil-soaked bread on a baking sheet and brush on the oven's middle rack until the cheese is just starting to brown, about 2 to 3 minutes. Leave unattended.  
5. That's about it.

# ASK ELLIE

## No support for spouse who has been left by gay husband

Q A good friend discovered her has been a long time living a secret life. They've since parted, and she's left with four kids in post-secondary school. He's since embraced his true identity and she's had to pick up the pieces of her once "peaceful" life.

He pays for nothing, they're yet to see lawyers, but, shockingly, there aren't support groups for former spouses. There's loads of help for people coming out of the closet, but none for spouses. Any suggestions? I'm hoping she gets broad assistance.

**A Friend**  
A strong supporter is helpful, but being overly judgmental has no

The immediate issue is her need for financial help. The father's responsibilities regarding helping children with post-secondary education, and/or living support until they're employed, don't get raised. So an attorney has sought legal assistance to secure his financial involvement.

As for the emotional impact on her yes, a support group would be very helpful. I'm assuming she or you have already contacted local psy-

## Ask Ellie



associations, and also searched the internet for such support groups for former spouses.

I'm hoping readers can send in any information on where these might be found.

Meanwhile, she should get individual counseling to handle her jittery, angry and hurt, plus loss of self-confidence. However, having friends fuel her anger with negativity about how he disturbed her "peaceful" life is counterproductive.

Clearly his "secret" life must've been a mental/emotional torment. Even if you cannot warmen any sympathy for him, do remember that four young adults — his children — are also hurting and don't need their

mother more worked up against  
their father by her friends.

**Q** I've endured embarrassment, lies about pain and betrayal from my spouse. I believed in him and his pleas for forgiveness because we have four children.

I've never told anyone — not friends, family or children. They only see me as a heartless person who doesn't care about their friend/son/father.

For many years, I haven't wanted anything to do with him. We've been in counseling repeatedly, but it doesn't work. I've never loved him, though he says he loves me. But actions speak louder like he came comfortable with me being a cook, cleaning lady, problem solver, handyman and caregiver, it wasn't a connection.

Everyday he comes home and behaves as though I'm invisible. He doesn't talk to me about anything. Yet outwardly he's always polite, caring, loyal and has a great sense

of famous. He's loved, and respected  
by everyone except me.

Anyone in similar circumstances should trust their instincts and leave before the situation becomes vile.

### Living in Mexico

**A** Though you've told your story in order to reach out to others who write and/or read the column, I'm reaching out to you.

No one has to consciously accept a life of misery, when many other choices — though seeming difficult — do exist. Children see through lies. An environment where they think their mother is "heartless" and worrying about their father isn't healthy for them, either. Get counseling as your own, where you can probe ways to improve your life.

It's not always the big step of leaving that is the only choice. Re-evaluating your self-worth helps you make smaller but important changes — taking a course, pursuing an interest, getting fit — makes a bigger difference than you imagine.

These steps can prepare you for the bigger decisions, as to when to

consider either of some

**Q** I'm 27. Four years ago, on an online gaming website, I met the love of my life. However, she lives in England. Despite this, we've built a very happy, healthy relationship.

We've met twice and are planning another meeting soon, but would like to make it more permanent. We've discussed my moving to be with her and looked up different government websites, but there are many different visas required.

I cannot bear the thought of not being with Shangri long term. What's the best, quickest, and easiest way for us to make this happen?

### Long Distance Love

**A** Your home countries have their own strict immigration laws. You both need to do a search beyond home for useful answers.

Decide together which country you're most likely to choose, and what your prospects are for getting jobs, a home, etc. Then talk in person to an immigration officer or lawyer, to get knowledge you can discuss.

**Next week in  
BRIDGES**

Breastfeeding advocates  
and experts like  
Johanna Bergerman  
extol the health benefits  
for infants and mothers

# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook.

## # SASKATCHEWAN FOOD TRENDS

# Top six ways to enjoy Sask. cherries this summer

By Jenn Sharp

It's cherry season and August is the perfect time to celebrate the beautiful and versatile Saskatchewan cherry in all its glory. Thanks to researchers at the University of Saskatchewan Fruit Program, the province boasts a variety of cherry cultivars (Carnegie Jewel, Crimson Passion, Bonnet, Jublet, Capel and Valerius) that to eat farmers and entrepreneurs have been putting to good use. The following is a list of the best ways to enjoy cherries this season. And don't forget to check out the results of *Bridges* our annual cherry festival on Aug. 18.

### NUMBER 1:

#### CHERRY CHOCOLATE BAIT.

Cherry & Berry Delight from Blaine Lake uses a decadent Horden & Hayne chocolate bar filled with sour cherries, sourced from Heavenly Hills Orchard. It's good for you because it's dark chocolate! The company has a variety of other products, from a spread to a syrup, all made from Carnegie Jewel sour cherries. All the products are processed at the U of S Food Centre. Currently only available at SaskMade Marketplace in Saskatoon, owner Mervin Blank is expanding the company.

### NUMBER 2:

#### AS AN AFTER-DINNER DRINK.

Lining Sky Winery's award-winning post-dinner wines are made from the Blaine and Jublet cherry cultivars. The winery's Jublet and Blaine ports are both ideal accompaniments to dessert (especially chocolate) on the patio. Available at the Saskatoon and Regina Farmers' markets and at select restaurants in both cities.

### NUMBER 3:

#### CHIPS.

The best dehydrated cherries come from HSI Berry Acres Grafted to Imperial. Sugar and delectable, they're not full of artificial sugar or preservatives. Rat these sour cherries right from the bag, sprinkle on yogurt, livestock or add to bak-



(Clockwise from top) Cherry & Berry Delight's Sour Cherrying Dark Chocolate Bait is first paired with a few cherries served alongside. Providence Farms Genuine Cherry Juice is our cherry liqueur made with Durr's Jublet-Chocolate Passion Cherry Topping. Prairie Sun Delights sour cherry topping. © BRIDGES PHOTOS BY KATHLEEN STEIG

ing and even meat dishes. Available across the province, go to [www.hsi.ca](http://www.hsi.ca) for locations.

### NUMBER 4:

#### IN AN ICE CREAM SUNDAE.

Nothing beats vanilla ice cream with Prairie Sun Orchard's Sour Cherry Topping on a hot summer day. If you're in Saskatoon, you can try one of the Winipeg-area company's gourmet ice creams at River Landing's Prairie Farm shop (it's also sold at the Saskatoon Farmers' Market).

### NUMBER 5:

#### ON YOUR TOAST.

Over the HSI Orchard's online we can't prettify gaudy gauds — the best of which is the Prairie Cherry Spread, made from Saskatchewan Bonnet Sour Cherries. Perfect for toast, it has less than half the sugar

of jam and the ingredients are certified organic. Available at the Regina and Saskatoon Farmers' markets, SaskMade Marketplace and online at [www.onsitehst.ca](http://www.onsitehst.ca).

### NUMBER 6:

#### AS A BREAKFAST SHOOTER.

The health properties of Saskatoon cherries are extensive. Research has shown that tart cherries peak an antioxidant and anti-inflammatory punch. Aunt Mary's Genuine Cherry Juice from Everyday Farms near Melville is 100 per cent cherry pulp. With no added sugar or water, it's packed your lips had a shot in the morning is a great way to kickstart the day. Try it again at night because the juice is also high in melatonin, which helps improve sleep patterns. Available from SaskMade Marketplace in Saskatoon and Old Redden Pools in Regina.



## BRUNO CHERRY SUNDAY

Aug. 18 in Bruno (90 km east of Saskatoon)

This annual festival is held in Bruno's beautiful and historic grounds of the former Ursuline Convent, now called the Prairie Ursuline Centre. In 2009, the University of Saskatchewan horticulture department used the site for a demonstration orchard for dwarf sour cherry trees. These trees were developed for the province's hard growing conditions. The festival evolved as a way to promote and celebrate the new sour cherry varieties. The 65-acre grounds are currently home to over 10,000 cherry trees.

- Free admission
- 7 a.m. cherry U-Pick opens
- 8 to 11 a.m. pancake breakfast with sausages and cherry syrup
- 11:30 a.m. carnival opens (serving burgers, cherry-infused apple pie and cherry sunaisles with Bruno Cherry Sauce and Jerry's Artisan Ice Cream)
- 11:30 a.m. presentation stage begins with hourly talks on fruit growing and cooking with sour cherries
- Visit artisan vendor booths, enjoy children's activities and local entertainment throughout the day



# GARDENING

#SARA WILLIAMS

## Saskatchewan horticulturist honoured

By Bernadette Vangeol

The Saskatchewan Agricultural Hall of Fame has recognized agricultural leaders for 61 years. Honorees have made significant and outstanding contributions to the welfare and improvement of agriculture, and to a better way of life for the farmer and farm families in the land.

This year's induction ceremony was held on Aug. 4 at the Western Development Museum. Sara Williams was inducted for her years of work promoting horticulture and gardening in both urban and rural Saskatchewan.

Although Williams came to horticulture relatively late in life, her volume of work is impressive. She earned a bachelor of science in agriculture from the University of Saskatchewan in 1987 and later completed a master of science degree in agricultural extension from 1989 to 2001, where she was the U of S extension specialist in horticulture where she developed programs to support Saskatchewan gardeners and the horticulture industry. She brought courses and workshops to rural Saskatchewan through correspondence but mostly through outreach and actual on-site workshops in most communities — a rarity these days.

During her time at the U of S she wrote her award-winning book *Creating the Prairie Xscape*, which was updated and revised in 2013 to include a much expanded section on landscaping and a more extensive list of drought-tolerant plants.

"The principles of xeriscaping gardening have been used by many Prairie gardeners for years. They include water conservation, improving soil quality, reducing lawn area and using drought-tolerant, low-maintenance, drought-tolerant, proper watering and appropriate plant selection," says Williams, who gardens on the acres of sand near Saskatoon with several irrigated areas.

Even though she retired from the university, she continues to visit

both urban and rural areas for speaking engagements. Williams usually provides some workshops during HortWeek at the U of S and, with Hugh Skinner, has written several books, the most recent being *Gardening Naturally: a chemical-free handbook for the Prairie*.

Close to home, Sara was one of the founding members of the Saskatchewan Perennial Society and has contributed greatly to its success over the last 30 years. She wrote articles for our weekly column on a regular basis and often gets called upon to give presentations for our winter education meetings.

But Williams is about more than horticulture. In the early 60s, she joined the Peace Corps and worked in Tanzania as a teacher. Tanzania is a country that has never left her heart — Williams has for decades supported the Canadian Tanzania Education Society. One of the society's goals is to improve education access for rural Tanzanian girls by providing them with scholarships. Williams, with the generous help from friends, acquaintances and complete strangers, has raised enough money to construct a brand-new complete with a large kitchen garden for 10 girls attending secondary school.

The Saskatchewan Perennial Society was proud to have succeeded in this first presentation award and thank the Saskatchewan Horticultural Society and the U of S Centre for Continuing & Distance Education for co-sponsoring the nomination.

The other three recipients were Laurie Hubert, recognized for his leadership in natural resource development, Kenneth Page for his work in the media industry and Gordon Rowland for developing improved forested wetlands.

This column is provided by the Saskatchewan Perennial Society.

### ANNOUNCEMENTS

Aug. 17, 9 a.m. to noon, Labour & Learn at the Saskatoon Botanical Park and Park. Lots of goodness made for a short work session.



Horticulturist Sara Williams was recently inducted into the Saskatchewan Agriculture Hall of Fame. BERNADETTE VANGEOL

your own beds, thoughts vegetable and water to stay hydrated. Meet at the Robin Smith Mediterranean Garden.

Aug. 18, 1 p.m. York and Home Walking Tour of Home Visits Park. Be

inspired by your neighbors. We'll see urban homebuilding, extensive gardens, solar homes that produce their own heat and electricity and perennials in action. Spaces are limited. Gardeners, horticulturalists, and gardeners. For more information, contact the Gardeners' Guild.

Gardener's Guild is open for the season. Call 306-968-5555 (long-distance charges apply) Monday to Thursday. Or send your questions to gardenline@sask.ca.

# WINE WORLD

# VINHO VERDE

## Give these light and sunny Portuguese whites a try

By James Romanow

A couple of weeks ago, at a cocktail party during the Festival of Worlds in Moose Jaw, I introduced, as more likely not introduced, a roomful of writers to vinho verde, the light white wine from Portugal.

It's one of my favourite breakfast wines, not least because of the sprightly tongue-tingling character, and also because of the very light alcohol content. Both characteristics make the wine appeal to the least spirited wine in the world. A glass of this stuff and you feel refreshed and ready for more complex dishes and wines.

Alternatively you can drink it as the *Porto* game does as a sort of thinking drinker's wine. We had it offered to us from 8 a.m. to midnight when in London, and sampled it at party meals all those times. There are however — 33 per cent alcohol by volume (ABV) — wines that try for more gravitas, but I was never won over. I pre-fer the lighter, sunnier what the hell we call.

As I've had one favourite (or 10) you prefer the French, polished with a natural carbonation. They aren't as bubbly as a soda or a full blown sparkling wine but have a degree of carbonation that adds to the lightness of the wine.

There are two here, and their labels display the variants. Goode is the mildly lighter version (33 per cent ABV) with a light hint of attack. Terra Vinus is slightly stronger (36 per cent



ABV) and feels a little more carbonated.

Regardless, both are great summer wines, wonderful with a salad, a touch of salt or just to the sun. At this price, buy both and give a favourite.

Terra Vinus Vinho Verde, Portugal, \$25.99  
Goode Vinho Verde, Portugal, \$21.99

More white wine reviews at Monday's *Star Phoenix* or @jbrwn on Twitter

## Crossword/Sudoku answers

S	K	I	D	L	O	W	M	I	F	E
A	A	N	E	N	D	U	N	E	P	C
M	E	T	A	T	I	M	E	G	O	I
P	A	N	K	N	O	P	S	I	G	N
D	O	R	I	A	N	P	O	L	E	C
G	O	L	I	A	T	E	O	S	I	
S	N	A	C	H	E	R	N	I	A	
N	A	L	T	O	P	E	S	T	R	A
A	A	L	E	R	O	I	L	L	E	
P	L	I	N	E	R	G	A	L	E	
S	C	A	P	O	L	E	A	N	I	V
N	E	W	T	O	N	S	C	R	A	D
N	O	D	O	S	A	T	H	R	A	I
A	R	E	N	A	N	Y	R	O	C	H
M	A	R	S	H	S	O	S	C	O	R

7	8	3	6	9	4	1	5	2	
4	5	1	8	2	3	6	9	7	
9	2	6	5	7	1	3	8	4	
5	1	2	9	8	7	4	3	6	
3	9	8	2	4	6	7	1	5	
6	4	7	3	1	5	8	2	9	
2	3	5	7	6	8	9	4	1	
8	7	4	1	5	9	2	6	3	
1	6	9	4	3	2	5	7	8	

### Free Community Campus Tours

Summer 2013

Historical Walking Tours of the University of Saskatchewan Campus suitable for all ages. This 1.5 hour tour highlights the university's history, important achievements and unique architecture. Tours run every Wednesday and Sunday in August, leaving from the lobby of the Saskatchewan Centre at 1 p.m.

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